

CLAIMS

I claim:

1. A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

- 5 a conformable grip configured to accept a human hand formed in a fist, the grip having a medial and lateral side;
- a flat elongated medial strap extending from the grip medial side;
- a flat elongated lateral strap extending from the grip lateral side;
- a flexible clench strap within the grip and extending between the medial side and lateral
10 side;
- a top cross-strap distanced from the grip and extending between the medial strap and the lateral strap; and
- a bottom cross-strap distanced from the grip and extending between the medial strap and the lateral strap.

15 2. A device according to claim 1, and further comprising:

- a resistance device attached to the medial and lateral strap to apply resistive force to the grip.

20 3. A device according to claim 2, wherein:

- the resistance device comprises at least one elastic member.

 4. A device according to claim 1, and wherein:

- the top cross-strap has a length, between the medial and lateral straps, of 2.25 inches.

 5. A device according to claim 4, and wherein:

- the bottom cross-strap has length, between the medial and lateral straps, of 8 inches.

 6. A device according to claim 1, and wherein:

- the grip has a most distal point for receiving the knuckles of a user's fist; and

- the top cross-strap is distanced from the most distal point a dimension of 6.5 inches at the lateral strap.

 7. A device according to claim 6, wherein:

- the top cross-strap extends from the lateral strap at a 45 degree angle away from the grip and to the medial strap.

8. A device according to claim 1, wherein:

the medial and lateral straps each comprise woven fabric material having a width of two inches.

9. A device according to claim 1, and wherein:

5 the grip has a most distal point for receiving the knuckles of a user's fist; and
the medial and lateral straps are joined an open length of at least 24 inches from the most distal point.

10. A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

10 a conformable grip configured to accept a human hand formed in a fist;
a flat elongated medial strap and a flat elongated lateral strap, both extending from the grip and both having respective proximal ends;
a flexible clench strap within the grip and extending between the medial side and lateral side;

15 means of applying a resistance force to the proximal end of the straps; and
means of applying a portion of the resistance force to the middle of a user's forearm
when the user's fist is accepted in the grip.